

### School Food Authority Nutrition Policies & Procedures Survey

1. What is the size of the school district as it relates to the sports class categorization?  
Is it a Class...? (check one category)  
AA \_\_\_\_ A \_\_\_\_ B \_\_\_\_ C \_\_\_\_
2. Please complete the following information for your schools district. (NOTE: Please fill in all blanks. Write a zero if there are none in your district.)
  - a. Number of schools: Elementary: \_\_\_\_\_ Middle School: \_\_\_\_\_  
High School \_\_\_\_\_
  - b. Number of schools implementing a Recess Before Lunch policy:  
Elementary: \_\_\_\_\_ Middle School: \_\_\_\_\_  
If some of your schools are implementing a recess before lunch policy, please list any observations that have been made in regard to student food consumption, student behavior or overall atmosphere in the cafeteria since implementing this policy?
  - c. Number of schools that have an "a la carte" program as part of the lunch Program: Elementary: \_\_\_\_\_ Middle School: \_\_\_\_\_ High School: \_\_\_\_\_
  - d. Does your school district have open campus lunch? (circle all that apply)
    - a. Yes, for elementary schools
    - b. Yes, for middle schools
    - c. Yes, for high schools
    - d. No
  - e. Does your school district have a school nutrition or wellness committee or council? Yes \_\_\_\_ No \_\_\_\_ Not Sure \_\_\_\_
3. Which of the following programs/services are available in your district (check all that apply)
  - a. Lunch
  - b. Breakfast
  - c. After School Snacks
  - d. Summer Foodservice Program
  - e. Catering
  - f. Vending
  - g. Other: \_\_\_\_\_
4. Please indicate the typical length for breakfast and lunch in your district. Please indicate the amount of time provided for each student to eat, NOT the total length of all meal periods.

	<u>Amount of time provided for lunch</u>	<u>Amount of time provided for breakfast</u>
a. Elementary	_____ minutes	_____ minutes
b. Middle	_____ minutes	_____ minutes
c. High	_____ minutes	_____ minutes
5. Which of the following steps have you implemented to improve the access to or marketing efforts of healthy meals in your program?
  - a. Decrease levels of added fat, sugar or salt in recipes.
  - b. Utilize reduced or low fat products in recipes.

- c. Offer low fat (1%) or skim milk on menus.
  - d. Limit the number of processed entrees to 2 times or less per week.
  - e. Limit the number of sweet desserts to 3 times or less per week.
  - f. Offer a salad bar at lunch every day.
  - g. Incorporate more whole grains/whole wheat products into the menu.
  - h. Offer a fresh fruit or vegetable on the lunch menu 3 or more times per week.
  - i. Limit portion sizes to small for fried snack foods or desserts (i.e. cookies)
  - j. Limit the offerings of sugar coated cereals, donuts or pastries to 2 times or less per month.
6. If you don't operate an "a la carte program" please check here: \_\_\_\_\_

If you operate an "a la carte program" please answer the following question.

a) Have you added healthful items to sell at lunch or breakfast?

Yes \_\_\_\_\_ No \_\_\_\_\_

A *healthful* item is defined as a low fat, fresh, canned or frozen food or drink which comes from one of the five food groups (dairy, meat/vegetable protein, grain, fruit, or vegetable). Items may include but are not limited to: low fat milk, cheese, yogurt, beef jerky, fruit smoothie, bagels, whole grain products, soft pretzels, fresh, canned or dried fruits, raw vegetables, baked chips, water, 50% to 100% juice

If yes, please list the healthful items you currently sell:

b) What other steps have you taken to increase the access or marketing efforts of healthful items?

7. Are any of the school vending machine services under your management?

Yes \_\_\_\_\_ No \_\_\_\_\_ Not Sure \_\_\_\_\_

If yes, please list the vending services your program provides for the school.

Which of the following steps have your program taken to increase the availability or marketing efforts of healthful items through vending?

- a. Machine signage promotes healthful item or does not contain foods on it.
- b. Place the healthful items at eye level and above when making selections.
- c. Increase the number of healthful food items in the machine.
- d. Increase the number of healthful beverage items in the machine.
- e. Limit the portion size of the food to a small size) ( i.e. 1.5 oz –snack chips)

- f. Decrease the number of unhealthful food items in the machine.
  - g. Decrease the number of unhealthful beverage items in the machine.
  - h. Decrease the price of the healthful items.
  - i. Increase the price of the unhealthful food or beverage items in the machine.
8. Please indicate which of the following are guided by a formal policy in your district.
- a. Nutritional requirements of foods/beverages sold by school foodservice in USDA school breakfast or lunch meal.
  - b. Nutritional requirements of foods/beverages sold by school foodservice in an “a la carte” program.
  - c. Use of foodservice facility by groups other than foodservice.
  - d. Nutritional requirements of foods/beverages sold by groups other than school foodservice.
  - e. Food safety.
  - f. Who has the right to sell foods/beverages in school.
  - g. Where food/beverage sales can occur in schools.
  - h. Time of day certain foods/beverages can be sold.
  - i. School nutrition wellness policy.
9. In your opinion, what would be the most successful way(s) to promote healthful meals and snacks to your students while at school?
10. In your opinion, what would be the most beneficial and helpful way(s) the state agency can assist you in serving healthful meals and snacks in your program?
11. Is there anything else you would like to tell us?

THANK YOU! Please return your survey by April \_\_\_\_ 2005 in the enclosed postage-paid envelope to: ?????? Address